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Low Carb Fruit, Berries, Veggies
- Atkins Quick List

Low Carb Fruit

Serving Size: 1/4 cup.

Fruit:	Carbs:
Applesauce	6.2
Apricot	3.1
Avocado	0.5
Cantaloupe	3.0
Carambola/Starfruit	3.0
Cherries	4.2
Coconut	1.3
Grapes	6.7
Grapefruit	9.0
Honeydew	3.6
Kiwi	6.5
Lemon	3.8
Mango	6.3
Orange	12.9
Passionfruit	2.0
Peach	8.9
Pineapple	4.3
Plantain	12.0

Low Carb Berries

Serving Size: 1/4 cup.

Berry:	Carbs:
Acai Berry (1oz)	5.0
Blackberries	2.7
Blueberries	4.1
Boysenberries	13.0
Cranberries	2.0
Currant	4.0
Elderberries	4.0
Gooseberries	9.0
Huckleberries (100g)	8.0
Loganberry (100g)	8.0
Pokeberry shoots	1.0
Raspberries	1.5
Salmonberry (100g)	8.0
Strawberries	1.8



coconut (meat)	12.1 g	4.9 g
carambola/starfruit	8.9 g	3.1 g
blackberries	13.8 g	6.2 g
raspberries	14.7 g	6.7 g
clementine (1 fruit)	8.9 g	7.9 g
pear	12.3 g	8 g
cantaloupe	14.4 g	8.4 g
strawberries	11.6 g	8.6 g
gooseberry	15.2 g	8.7 g
prickly pear	14.2 g	8.9 g
boysenberry	16 g	9 g
cranberries (fresh)	14 g	10 g

Low Carb Vegetables & Veggies Atkins List

Here's a quick low carb list of fruit and veggie charts and a low carbohydrate berry list. This is the perfect low carb list for the grocery store or market. Choose a variety of colors of vegetables and fruits. Fruits and berries are a special treat! However, be cautious about juicing or blending as a low carb diet. Choose low carb vegetables and learn to [eat like a caveman](#). Cut your low carb kitchen prep time in half using these 10 smart kitchen hacks to make your life easier.

Low Carb Vegetables
Serving Size: 1/2 cup

Asparagus	3.9
Beet greens	3.4
Broccoli	3.1
Brussels sprouts	3.2
Cabbage	3.1
Cauliflower	3.1
Celery	3.0
Cucumber	3.0
Eggplant	2.8
Garlic (1 head)	1.8
Kale	3.0
Leek	4.0
Peas	3.0
Pumpkin	3.0
Spinach	3.0
Sweet potato	3.0
Turnip	3.0
Zucchini	3.0

Low Carb Fruit
Serving Size: 1/2 cup

Apple	3.1
Apricot	3.1
Avocado	0.5
Blackberry	2.7
Blueberry	4.1
Boysenberry	13.0
Cranberry	2.0
Currant	4.0
Elderberry	4.0
Gooseberry	9.0
Huckleberry	8.0
Loganberry	8.0
Pokeberry	1.0
Raspberry	1.5
Salmonberry	8.0
Strawberry	1.8

Low Carb Berries
Serving Size: 1/2 cup

Apple	3.1
Apricot	3.1
Avocado	0.5
Blackberry	2.7
Blueberry	4.1
Boysenberry	13.0
Cranberry	2.0
Currant	4.0
Elderberry	4.0
Gooseberry	9.0
Huckleberry	8.0
Loganberry	8.0
Pokeberry	1.0
Raspberry	1.5
Salmonberry	8.0
Strawberry	1.8

LowCarbDiet.com

How Many Carbs In Your Fruit?

Which Fruit?	Total Carbs	Total Sugar	Glycemic Index	Glycemic Load
Apple	25.1	18.9	38	5.2
Apricot	3.9	3.2	57	1
Avocado	17	1	15	4
Banana	27	14.4	52	10
Blackberries	15	7	32	4
Blueberries	21	14.4	40	5.8
Cantaloupe	16	13.9	65	5
Cherries	18.7	15	22	3.5
Dates	5	4	42	3
Feijoa	5	1	<35 (low)	2
Fig	9.6	8.1	61	3
Grapefruit	26.2	16	25	4
Grapes	27	23	46	9
Honeydew	16.1	14.4	65	4
Kiwifruit	11.1	6.8	53	3
Mango	35	31	56	10
Nectarine	15	11.2	42	5
Orange	15.4	12.2	42	4.9
Papaya	14	8	59	3
Peach	15	13	42	5
Pear	28	17	38	5.9
Pineapple	22	16	59	6
Plum	8	7	39	2
Raspberries	14.7	5.4	32	3
Strawberries	12	7	32	3
Watermelon	12	10	72	3

Measurements based on 1 medium Fruit (1F) or 1 Cup (1C)
www.eatforyourlife.net

Keto low carb fruits and vegetables printable list. Printable low carb fruit and vegetable list. Low carb fruit list printable. Low carb foods list printable.

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